

SQUEEZE & FREEZE

ICE CREAM



Try this simple recipe to make homemade ice cream without an ice cream maker!

Makes 2 Servings

Ingredients:

2 tablespoons sugar
1 teaspoon vanilla
1 cup whole milk
1 tablespoon salt
ice cubes

Other Items:

small resealable plastic bag
large resealable plastic bag
measuring spoons
measuring cup
spoons

Directions:

1. Put sugar, vanilla and milk in small plastic bag. Remove as much air as possible from the bag and properly seal.
2. Put salt in large plastic bag.
3. Drop small bag into large plastic bag with salt in it. Add 18-20 ice cubes. Remove as much air as possible from the large bag and properly seal.
4. Knead the bag for approximately 10 minutes, making sure ice in larger bag surrounds smaller bag.
5. When a soft ice cream is formed, remove small bag from large bag, open and eat right out of the bag with a spoon. For extra fun, add fresh seasonal fruit or other favorite ice cream toppings.

Note: It is important to use whole milk. Other types of milk take too long to freeze. Salt is also very important. Without it, the ice cream will not freeze.



Recipe courtesy of Milk Life